

Orange Couscous Salad

Makes: 50 or 100 servings

	50 Servings		100 Servings	
Ingredients	Weight	Measure	Weight	Measure
Water		3 qt		1 1/2 gal
Couscous, whole wheat, dry		2 1/2 qt		5 qt
Turmeric, ground		2 Tbsp		1/4 cup
Black pepper, ground		2 tsp		1 Tbsp + 1 tsp
Chickpeas, cnd, drained	6 1/2 lb		13 lb	
Mandarin oranges, cnd, drained	3 lb		6 lb	
Onion, red, small diced		3 1/2 cups		7 cup
Raisins, seedless		1 qt		2 qt
Orange zest, minced		1/3 cup		2/3 cup
Lemon juice		1 1/2 cup		3 cup
Olive oil, extra virgin		2/3 cup		1 1/3 cup
Chives, dry		2 Tbsp		4 Tbsp

Directions

1. In a large saucepan heat water to a boil.
2. Add couscous, turmeric and black pepper and cover.
3. Turn off heat and let sit covered for 5 minutes. Fluff with fork and let sit.
4. In a large bowl combine chickpeas, oranges, onion and raisins.
5. Make dressing. In a separate bowl whisk together orange zest, lemon juice, olive oil and chives.
6. Pour dressing over chickpeas mixture. Mix well. Fold in the cooled couscous.

Nutrition Information

Key Nutrients	Amount	% Daily Value
Total Calories	230	
Total Fat	4 g	
Protein	7 g	
Carbohydrates	43 g	
Dietary Fiber	6 g	
Saturated Fat	NA	
Sodium	90 mg	

Meal Components

Fruits	1/2 cup
Vegetables	1/2 cup
Grains	1 unknown

7. Cover and refrigerate at least 1 hour before serving.

8. Serve 1 cup salad mixture per person.

Notes



You can find the recipe for 25 servings and family sized servings [here](#).